

Vision Quest Journal

Day 10 Letting Go of Judgment

Judgment is the backbone of the ego construct. Judgment is like a wall keeping us from our soul-self. Our soul-self sees all of us as created equal. Our soul-self sees the creative potential in every single one of us. But our ego self likes to compete and judge and either find us to be better than others or worthless and inadequate.

We must make a pact with ourselves in regards to judgment. We must stop ourselves in our tracks when we find ourselves judging others. We must realize that there is usually a competition going on inside of us if we feel the need to judge. Ding, ding, ding. Ding ding. The ego is in control. Let that be a sign that you need to make that shift back to the soul-self. Don't judge yourself for judging, just notice and let it drop from your mind.

We have to remember that when people judge, it's because they are feeling inadequate in some way and feel the need to make themselves feel better by judging. It's the ego nature and we have all done it. This is when you need to remember that A. It's not personal B. That person is fighting the ego battle themselves C. Forgive and Move on and **DO NOT LET IT HOLD YOU BACK FROM YOUR OWN POTENTIAL.**

Sometimes we fear failure, we fear making a mistake, and when we find out someone is judging us we use that as an excuse to give up on what we are working toward.

We must let go of what others think of us and not let that hold us back from our true potential.

Ask yourself, What would you want to do in life if you knew no one could judge you for it?

What would you try if you knew no one would judge you if you failed?

How can you be true to yourself?

Make a Pact with Yourself: Write down or repeat the following silently in your mind: I am making a pact with myself today that I will let all judgment go. I will give up judging others. I will give up judging myself. I will forgive and move on if I find someone else judging me. Judgment builds a wall between me and my soul-self and I am no longer willing to stand by and let that happen. I will be true to myself from this moment forward so that I can live the life that is best for me and one that I will have zero regrets on living when I find myself at the end of my days.

Judgment Challenge: Next time you think a judgmental thought about someone or talk about someone to someone else, stop yourself. Stop yourself and remember this: when you stop negative judgment about yourself or someone else, you are choosing to live from your soul-self rather than ego. This begins to dismantle the ego walls around you and makes it even easier for your soul-self to shine through. You will notice things changing in your life in a positive way, just by choosing to stop judgment in its tracks. Yes, it's a big deal. So challenge yourself. Stop the judgment and then sit back and notice all the good things that come your way.